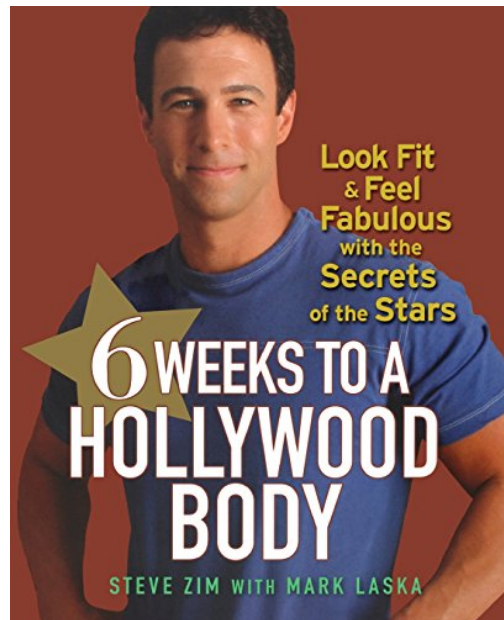


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## Book details

- Author : Steve Zim
- Pages : 240 pages
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## Book Synopsis

As featured in SELF and on Weekend Today""Steve Zim s plan helped me drop my body fat more quickly than with any other program I ve ever tried. I couldn t be more pleased.""--Jessica Biel, star of The IllusionistIn 6 Weeks to a Hollywood Body, the top Hollywood trainer and Weekend Today show fitness expert Steve Zim unlocks the secrets of the stars and shows you how to have a Hollywood body of your own. Want to add shape and strength to your legs? Have a great butt? Make your back and arms stronger and leaner? Develop an amazing chest or breasts? After you ve completed the easy-to-follow Hollywood Body program in six short weeks, you ll be runway ready for your grand entrance and you ll look amazing and feel healthier and happier than ever before. In this book, Steve Zim reveals the three keys to his Hollywood Body system:HOLLYWOOD NUTRITION: The easy and effective Hollywood Body way to supercharge your metabolism with protein, good carbs, and good fatsHOLLYWOOD HEART: Ramp up your